OVR VELOCITY
USER MANUAL

Table of Contents

What's in the Box?

1 – OVR Velocity Unit
1 – Velcro Strap
1 – Charging Cable

Device Overview

1	**Slide Switch:**	Turn the unit on and off
2	**USB-C Port:**	Charge the device and update firmware
3	**Status LED:**	**Green:** *connected* **Red:** *not connected*
4	**Charging LED:**	**Green:** *fully charged* **Red:** *charging*
5	**OLED Display:**	Real-time data display
6	**Buttons:**	Scroll reps, change settings

Using OVR Velocity

Setup

To set up OVR Velocity, use the magnets on the bottom of the device to attach it to a small weight plate or squat rack. Use the strap to fasten the end of the string to the barbell.

Note: Ensure the device is placed directly under the barbell's range of motion for best results.

Button Functions

Left Button	Previous rep
Right Button	Next rep
Short Press Both Buttons	Reset data
Long Press Both Buttons	Device settings
(Settings) Left Button	Move selector
(Settings) Right Button	Select

Settings

To get to the device settings screen, hold both buttons for at least a half second and release. Use the left button to scroll, and the right button to select. From here, there are a number of settings you can change. All settings are saved when turning the device on and off.
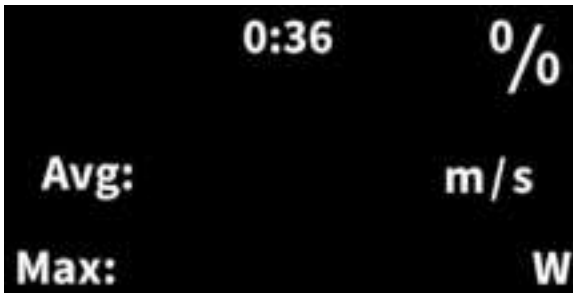
Screen Layout	Customize what data is shown on the main screen. Choose between average and peak velocity, average and peak power, time to peak velocity, and elastic acceleration index.
Change Weight	Use this to change the weight on the device. This can also easily be done through the OVR Connect app. *Note: The weight variable does not affect the velocity measurements on the device.*
Eccentric Mode	Turn on eccentric mode to reverse the measurement from concentric to eccentric. This can also be done in the OVR Connect app.
Minimum ROM	Change the minimum range of motion the device will record a rep. If a rep is performed under this threshold, it will not be recorded.
Timer	Enable or disable the rest timer on the top of the screen. This timer resets anytime a new rep or new set is begun.
Units	Change between pounds / inches and kilograms / centimeters. This can also be done in the OVR Connect app.

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Screens Overview

Loading Screen

Device loading screen. Battery level in bottom right corner

Main Screen
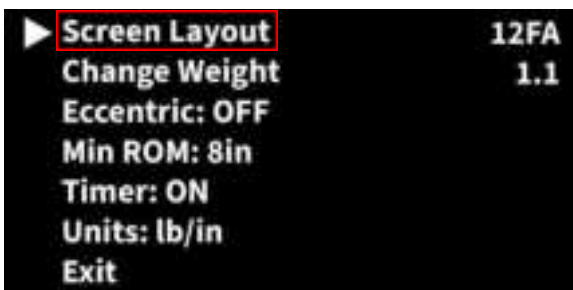
Ready to measure reps.

Settings

Change the configuration of the device. See the settings section above for details on each option.

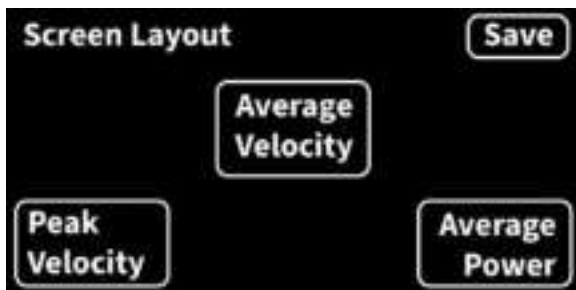*Note: device ID is in the top right corner (OVR Connect)*

How to Customize Display

Screen Layout

Go to the settings, and select "Screen Layout"

Note: Hold both buttons for a second to reach settings

Choose Metrics

Select which metrics you want shown on the main screen. Then select "Save". The main screen will now use your custom setup.

Note: Left button to cycle, right button to select

Example 1

Middle: Average Velocity
Bottom Left: Peak Velocity
Bottom Right: Average Power

Example 2

Middle: Peak Velocity
Bottom Left: Time to Peak Velocity
Bottom Right: Elastic Acceleration Index

Main Screen Details

1 Load (lb or kg)	5 Total Reps
2 Range of Motion (in)	6 Avg or Peak Velocity
3 Rest Time	7 Customizable Metric
4 Current Rep	8 Customizable Metric

OVR Connect Setup

Once connected, the status LED will turn green to indicate it's connected.

Step 1: Turn on your OVR Velocity

Step 2: Open OVR Connect & tap the link icon (top right)

Step 3: Wait for the OVR Velocity to appear

Step 4: Tap on your device to connect

OVR Connect

- View live data for instant feedback
- See data and monitor progress over time
- Share data to social media

Specifications

Dimensions:	3.5 x 3.4 x 2.8 (in) 89 x 86 x 72 (mm)	String Length:	10ft / 3.05m
Weight:	323g / 0.7lb	Materials:	ABS, TPU, Aluminum
Battery Capacity:	2500mAh	Battery Life:	~15hrs

Troubleshooting

Device is not charging	- Check if charging LED is lighting up - Use a different charging block / port - Use provided charging cable. Do not use other USB-C chargers like those for laptops.
Device is reading reps backward (eccentric)	- Go to settings and turn off "Eccentric Mode"
Device is not connecting to OVR Connect	- Ensure your mobile phone's BT is turned on - Ensure OVR Connect has access to BT in your device settings - Turn the OVR Velocity off and on to reset - Is the connection status LED turning green?

Frequently Asked Questions

Do you need the app to use the device?	No, OVR Velocity is a stand alone unit that provides all your rep data right from the onboard display. While the app extends its benefits, it is not required.
How accurate is OVR Velocity?	OVR Velocity was included in an independent study where it was validated for accuracy against the "gold standard" in VBT.
Is there a rep limit?	Once 100 reps are performed, the device will reset the onboard data and continue recording reps from zero.
What is the minimum range of motion to record a rep?	The minimum range of motion to record a rep is 7 inches.

Proper Use

To ensure the optimal performance and longevity of your OVR Velocity device, it is crucial to adhere to the following guidelines for proper use. Any breach of these terms will be the responsibility of the customer, and OVR Performance will not be liable for any damages that occur as a result of improper use, which may also void the warranty.

- **Temperature and Sunlight Exposure:** Avoid exposing the device to high temperatures or prolonged direct sunlight. Extreme temperatures and UV exposure can damage the device's components and affect its functionality.
- **Handling the String:** Do not extend the string to its maximum length forcefully. Overstretching the string may lead to damage.
- **Battery Management:** To prolong battery life, avoid completely draining the battery. Regularly charge the device to keep the battery level from dropping to zero for extended periods.
- **Clip and Device Interaction:** Be cautious to prevent the clip from striking the device. Sudden impacts can damage both the clip and the device, affecting its functionality.
- **Placement of the Unit:** Position the device in a location where it is not at risk of being hit by weights or other gym equipment. Physical impacts can cause significant damage to the device.
- **Securing the Unit:** Use the attached magnets to securely place the unit. Ensuring the device is firmly and safely attached helps maintain its stability and accuracy during use.

Warranty Policy

Limited One-Year Warranty for OVR Velocity

OVR Performance LLC provides a Limited One-Year Warranty for the OVR Velocity device. This warranty covers defects in materials and workmanship under proper use, for one year from the date of purchase by the original end-user.

What is Covered:

- Repair or replacement of parts found to be defective due to material or workmanship.

What is Not Covered:

- Damage caused by misuse, accidents, or unauthorized repairs/modifications.
- Normal wear and tear or cosmetic damage.

- Use with non-OVR Performance products or in ways not intended by the manufacturer.

How to Obtain Service: For warranty service, the product must be returned to the specified location by OVR Performance, ideally in its original packaging or packaging of equal protection. Proof of purchase is required.

Limitation of Damages: OVR Performance is not responsible for indirect, incidental, or consequential damages resulting from any breach of warranty or proper use.

Support

If you require assistance with your OVR Velocity device or have any questions, our support team is here to help. For all support-related inquiries, please contact us through www.ovrperformance.com.

FCC Compliance

Supplier's Declaration of Conformity (SDoC): Product: OVR Velocity, Model: OVR0100. Responsible Party: OVR Performance LLC, [US address], [contact]. This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

1. this device may not cause harmful interference, and
2. this device must accept any interference received, including interference that may cause undesired operation. [47 CFR §15.19]

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. If this equipment does cause harmful interference to radio or television reception, the user is encouraged to try to correct the interference by one or more of the following measures: reorient or relocate the receiving antenna; increase the separation between the equipment and receiver; connect the equipment to an outlet on a circuit different from that to which the receiver is connected; consult the dealer or an experienced radio/TV technician for help. [47 CFR §15.105(b)]

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment. [47 CFR §15.21]

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